

Shaker Church Mothers Day Weekend

May 9, 10 & 11

More details on Page 19!



2014 Summer Youth Employment Training!

SEEKING SQUAXIN YOUTH - AGE 16-21 - WHO DESIRE SUMMER EMPLOYMENT

It's that time of year again to begin recruitment of Squaxin Island Tribal Youth who desire summer employment with Squaxin Island Tribe. If you are a Squaxin Tribal member between the ages of 16 and 21 and are interested in working for six weeks this summer, please contact Astrid Poste in Human Resources to get an application. You must submit an application even if you participated in the program last year.

If you would like assistance with completing your application, writing a cover letter or doing a resume, please attend one of the Application workshops scheduled to take place on May 15th and May 22nd from 3:00 – 5:00 p.m. at the Squaxin Museum.

Please note all applicants for Little Creek Casino Resort will be asked to attend the May 22nd application workshop to complete required Gaming Licensing paperwork.

Your application must be submitted by May 30th so that we have time to interview all who complete the application process.

Squaxin Preference will be exercised in the hiring of these positions in accordance with the Tribe's Personnel policies. If you have questions about this program, feel free to contact Astrid Poste at (360) 432-3865.

Stepping Stones: Youth Pre Employment Training Program for Squaxin Youth AGE 13-15

Youth will participate in group projects, which promote the development of accountability, work ethics, and pride in the community. This hands on model will encourage Tribal youth in learning a multitude of transferable skills they can apply later to employment for Squaxin Island Tribe or elsewhere.

If you are a Squaxin tribal youth who is going to be 13 – 15 years old by July 1, 2014 and are interested in participating in this program, please call Niki Ho (360) 432-3845 in Human Resources to leave your contact information. We will want to provide you with additional program information. Please be ready to provide the following:

- Name
- Address
- Phone number
- Date of birth
- Squaxin Island Enrollment number
- T-shirt size

To assist us with the planning and to ensure you get a t-shirt, please stop by or call by May 30, 2014; Employment Applications are not required for Stepping Stones.

Parents: To provide an initial opportunity for training in the employment application process, please encourage your youth to call or stop by on their own, rather than calling on their behalf.



Annual General Body Meeting May 3, 2014

Little Creek Events Center

Sign in starts at 8:30 a.m.

Lunch will be served at noon

Elections will be held for:
Tribal Council Chairman
Tribal Council Member #1
Tribal Council Member #2

Per Tribal Council, the General Body Meeting
is for TRIBAL MEMBERS & SPOUSES ONLY.
Enrollment will be checked at the door.

For more information contact the tribal center at 360-426-9781



Steamboat Trading Post is in Trust!

The deed transferring the Steamboat Trading Post property to the United States in trust for the Squaxin Island Tribe was recorded in Thurston County on Monday, April 14. The site will now operate under cigarette and fuel tax compacts, and is now generating new tax revenues and profits for the Tribe. Getting the station into trust less than 10 months from the purchase date is a great accomplishment for the Tribe, and it couldn't have been done without teamwork by the Tribal government, Gary Sloan at BIA, and Island Enterprises. Special thanks to Esther Fox who so knowledgeably led this process, and to the wonderful staff at STP who keep the customers coming back day after day through their hard work and great customer service.



Trading Post Rewards Program – Better Than Ever!

Island Enterprises is happy to announce a new and improved discount fuel program for Tribal members, Tribal employees, and all customers with Trading Post Rewards. In addition to our already great prices on fuel, Trading Post Rewards offers lots of new benefits. Rewards club members will enjoy a discount on fuel, special pricing on many products and may earn points on in-store purchases. Club members will also gain access to promotions, and prize giveaways that have never been offered before!

The Tribal member and IEI employee gas discounts are unchanged under the new program. Tribal government and Little Creek Casino employees and all other customers will receive a 4-cent per gallon discount. Club members will also earn points on most in-store purchases that can be used just like cash in our stores. Here are some of the other benefits of the new program:

Coffee Club:	Purchase 9 drip coffees and your next one is free.
Fountain Drink Club:	Purchase 9 fountain drinks and your next one is free.
Hot Dog Club:	Purchase 9 hot dogs and your next one is free.
F'real Club:	Purchase 9 F'real milkshakes and your next one is free.

Squaxin Island Tribal members can pick up their new cards at the General Body meeting on May 3, or at the Island Enterprises office any time after that date. If you need us to mail the card to you, just give us a call at (360) 426-3442. Be sure to pick up your card before May 30 when the old gas cards are discontinued. Tribal government and Little Creek Casino employees and other customers can pick up the new card in any of the Trading Post stores beginning May 19. Be sure to register your new card online or in the store to begin earning points and to take advantage of all the new savings!



Squaxin Island TRIBAL NEWS

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Shelton, WA 98584

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www.squaxinisoland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
RAY PETERS: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



By Stephanie James

Do you already have your own business?

Ta-Qwo-Ma Business Center would like to include your business in our "Native Owned Business Directory". The business directory is especially helpful and is referred to when someone needs a contractor or simply put, would like to "keep it local". Whether you are into construction, plumbing, consulting, accounting and the list goes on, having your business listed with current information and contact info can potentially increase your business productivity. Please contact the business center for more details and to have your business added to the registry.

Do you have business cards?

The business center has added some business card holders. If you are a tribal entrepreneur, please consider dropping off a handful of them. It's just one more way to create exposure for your business.

Do you need financial literacy training?

Ta-Qwo-Ma Center is preparing a monthly schedule of upcoming financial literacy courses. These courses include: Basic financial literacy, youth literacy, budgeting, retirement, bank accounts, credit repair, among others. Please look for more details in next month's Klah-Che-Min newsletter.

Are you looking at "Where to start"?

If business start-ups are overwhelming you, we are here to help. We are happy to sit down with you to discuss the needs of your business. We offer assistance and mentoring with building a business model, writing a business plan, assisting with finding direct loan sources, marketing your business and much more.

Do you have questions or suggestions that you would like to make?

We would love to hear from you. Please stop by Ta-Qwo-Ma Center or give us a call to share any ideas and ask any questions that you may have. As always, we look forward to hearing from you.



Ruth Kirk Thanks Charlene Krise on Tribute to Dr. Richard Daugherty

Ruth Kirk is thanking Charlene for the great tribute to her husband, Dr. Richard Daugherty, on his 92nd birthday. Ruth is a well-known author (google her name, e.g., <http://www.amazon.com/Ruth-Kirk/e/B001ITYIKK>) and Dick, of course, ran the Ozette archaeological project with the Makah.

Dear Charlene -

How can I tell you how much all you and the Squaxin people did for Dick's birthday means to me - and to those who gathered in his memory?

The whole wonderful setting, your gracious words, the bounteous and beautifully arrayed food, the tables so pretty with their white cloths and green boughs . . . every bit from major to small details, all so just right. I'll confess to feeling a bit emotionally a bit wrung-out a couple days before the event, but not once I arrived. You made it all so beautiful and your invitation to come to Squaxin so honored Dick's memory that I am forever touched and grateful.

I meant to present a few books but failed to do so. As we were leaving I did leave the archaeology book Dick and I wrote recently with the lady in the gift shop. It is for the library. Other books didn't come from the warehouse until today. So, I'll sign a copy of Tradition and Change on the Northwest Coast for the library. Also, was someone taping the event? Would he like a book? I'll send them with Dale if he is going to be seeing you soon.

Can you please somehow pass along my thanks to Walter Dacon and Ann Anderson for the wonderful wine? Also the Tourism folks? Everything was so celebratory and perfect.

I shall always remember the day, the beauty of the Squaxin setting, and your warm hospitality.

THANK you!

Ruth

Basic First Aid-Emergency Care Basic Life Support (\$60)

While setting up the CPR/First Aid Class for the Community Development/Planning it became clear there is a need to offer CPR/Basic First Aid to other departments along with the community.

If there is enough interest, I will schedule another class. Space is limited to 16 per class and we need at least 8 people in order to schedule a class. If you are interested in this class please contact:

Pamela Hillstrom
Community Development - Or -
432-3951
phillstrom@squaxin.us

Mary Prentice
NW First Aid Training
360-868-7717
mary@nwfirstaidtraining.com



This 6-8 hour course covers all the basics: first aid, medical emergencies, trauma, pediatrics, infant/child/adult CPR (new 2010 standards), infant/child/adult airway obstructions, environment emergencies, bloodborne pathogens, home safety, disaster preparedness and the use of an AED (automatic external defibrillator). Included in this class is our full color reference manual for each student and a 2-year completion card. CPR is taught to American Heart Association standards and the course meets L&I's requirements for business and industry. We are also able to give CEU for electricians and plumbers licensed in the State of Washington and Oregon, journeyman level or higher. All students get the opportunity to practice the skills they learn and build confidence to make a difference in an emergency.



Facts on Bullying

Submitted by Gloria Hill, Domestic Violence Victims Advocate

The facts on bullying reveal it is a growing problem among teens and children. There are several different types of bullying, including cyber bullying and bullying in schools in addition to other forms of harassment.

Bullying can happen anywhere. Many children and teens are regular victims of bullying, which can lead to serious emotional scarring and problems with the victim's self-esteem and self-image. Correcting these behaviors before they start or get out of hand is important. In this article we discuss facts on bullying and how to watch for warning signs in victims of bullying as well as in children who might be bullies themselves.

Types of bullying:

Verbal. Name calling and/or teasing

Social. Spreading rumors, intentionally leaving others out of activities on purpose, breaking up friendships

Physical. Hitting, punching, shoving and other acts of intentional physical harm

Cyberbullying. Using the Internet, texting, email and other digital technologies to harm others

Facts on bullying:

Imbalance of power. Typically those who engage in bully-like behaviors use their strength, popularity, or power to harm, control or manipulate others. They usually target those who are weaker in size or have a difficult time defending themselves.

Intent to cause harm. A bully is a person who does not do things by accident. The bully intends to physically or emotionally injure a person or group of persons.

Repetition. Typically incidents of bullying are not a one-time thing. Bullies target the same person or group over and over again.

It is important for parents to discuss bullying with their children and teach them how to watch out for bullying and how to avoid being bullied. There are several signs a child is a victim of bullying.

- Comes home with unexplained injuries or with damaged or missing clothing or other belongings
- Has change in eating habits
- Makes excuses not to go to school
- Has fewer friends
- Feels helpless
- Talks about suicide
- Acts out of character
- Avoids certain places or playing outside alone
- Feels like they are not good enough
- Has trouble sleeping
- Blames themselves for their problems

Signs children might be bullying others:

- Becomes frequently violent
- Has trouble controlling anger
- Is manipulative and controlling of others and situations
- Is quick to blame others
- Does not accept responsibility for their actions
- Needs to win or be the best at everything

Understanding these warning signs can help parents prevent their children from becoming bullies or help them not become a victim of a bully. Counseling or therapy are good methods in helping to treat a child who exhibits symptoms of bullying. Children who are victims may also need some kind of support or counseling to help resolve underlying issues of emotional feelings of inadequacy. Children who are confident and have higher self-esteem are less likely to fall prey to the attacks of bullying.

Sources: mychildsafety.net, <http://stopbullying.gov/>



The life of St. Kateri Tekakwitha

On Tuesday, May 13th at 1:00 PM, St. Edward's Parish, 601 West "C" St in Shelton is hosting a presentation on the life of St. Kateri Tekakwitha, The Lily of the Mohawks. Recently canonized, the audio-visual presentation includes discussion on Kateri's miraculous appearances and healings after her death in 1680, and still take place today. The presentation will be done by Rich May from the University of St. Thomas in Houston. Any questions, please call St. Edward's at 360-426-6134



New Employees



Corri Coleman
Janitor

Hi, I have recently been hired as the new janitor for DCD.

My mother is Paula Henry; my sisters are Juana (J.C.), Dodie and Jamie and my brother is Mat.

I have worked in the janitorial field for about eight years.

I'm very excited to be able to work hand in hand with my fellow tribal members.

I look forward to the years to come.



Danielle Pink
Dental Assistant

Hello, I've been working for the Squaxin Island Tribe as a temp since December, 2013. So far, its be a joyful, welcoming experience.

I am a Quinault tribal member and come from the Capoeman | Curley family. I moved to Olympia in October 2013. I am happily married to my loving husband Jon Pink and blessed with three step children, Haven, Lily and Jonathon Pink. I also have two daughters, Sadie (8) and Kaleigh Tanner (7).

We enjoy spending a lot of outdoor time doing numerous activities, such as fishing, clam digging, hunting, horseback riding, and motorcycling.

I look forward to spending my days doing what I love and that is putting a smile on my face and helping my people!!! Thank you again. I will do my best to work hard and have fun doing it. :). Hoyt



WAVES OF PERFECTION

CHOCOLATE AND WINE TASTING

Benefit for the Squaxin Island Museum Library and Research Center

Each wine is expertly selected to complement and enhance the nuance of gourmet chocolates.

On site at the
Home of Sacred Belongings

May 24th

3:00 - 6:00 p.m.

TICKETS:
www.squaxinislndmuseum.org
360-432-3841

\$25 Advance | \$30 Door

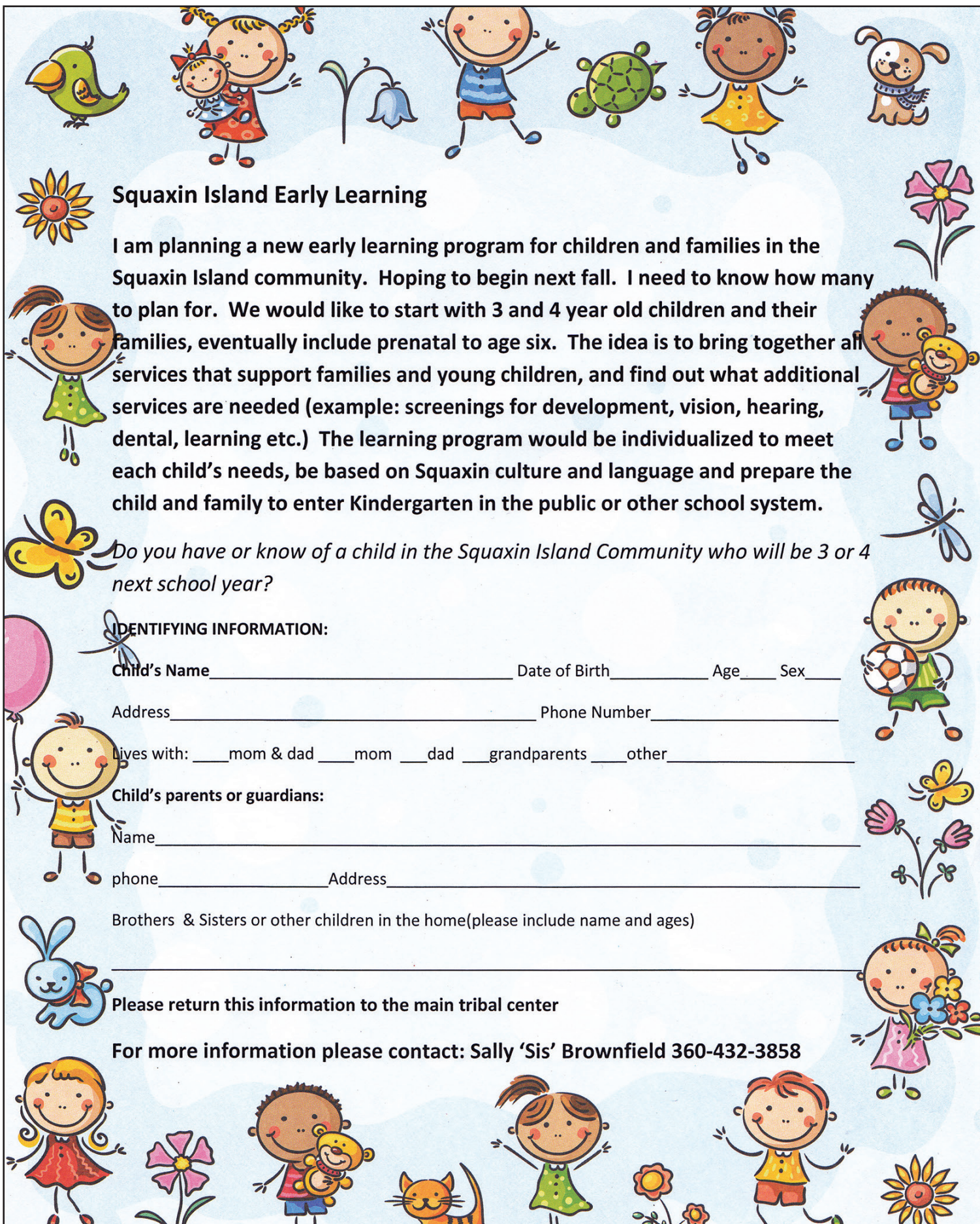
Mention "Waves" or show your ticket when making hotel reservations at Little Creek Casino Resort and receive a special room rate for the night of May 24th!

Must be 21 or over

150 SE Kwuh-Deegs-Altxw, Shelton, WA 98584



EARLY LEARNING



Squaxin Island Early Learning

I am planning a new early learning program for children and families in the Squaxin Island community. Hoping to begin next fall. I need to know how many to plan for. We would like to start with 3 and 4 year old children and their families, eventually include prenatal to age six. The idea is to bring together all services that support families and young children, and find out what additional services are needed (example: screenings for development, vision, hearing, dental, learning etc.) The learning program would be individualized to meet each child's needs, be based on Squaxin culture and language and prepare the child and family to enter Kindergarten in the public or other school system.

Do you have or know of a child in the Squaxin Island Community who will be 3 or 4 next school year?

IDENTIFYING INFORMATION:

Child's Name _____ Date of Birth _____ Age _____ Sex _____

Address _____ Phone Number _____

Lives with: ____mom & dad ____mom ____dad ____grandparents ____other _____

Child's parents or guardians:

Name _____

phone _____ Address _____

Brothers & Sisters or other children in the home (please include name and ages)

Please return this information to the main tribal center

For more information please contact: Sally 'Sis' Brownfield 360-432-3858

*Children need love,
especially when
they do not deserve it.
~Harold Hulbert*

*We worry about what
a child will become tomorrow,
yet we forget
that he is someone today.
~Stacia Tauscher*

*While we try to teach our children
all about life,
Our children teach us
what life is all about.
~Angela Schwindt*

*A weed bouquet in a chubby fist,
yes, that says it all.
~Author Unknown*

*The only thing worth stealing
is a kiss from a sleeping child.
~Joe Houldsworth*





Walking On Richard LeRoy Case

March 4, 1944 – April 21, 2014

Richard LeRoy Case, 70, passed away on Monday, April 21, 2014.

He received full Military Funeral Honors on Wednesday, April 30th at 3:00 p.m. at the Idaho Veterans Cemetery. A potluck memorial followed the service at Lions Park in Nampa, Idaho.

Richard was born March 4th, 1944. He was proud to have served for the United States Army for several years with an honorable discharge, several medals, and honors in 1967.

We are proud to say that he was married to his wonderful wife, Loretta Case (Peterson), for over 48 years. They were such a loving couple and an inspiration to their seven surviving children. Richard's love for his wife shined through in everything that he did. He was so kind and caring when taking care of the love of his life. He was so proud to be married to his wife that he never ever took off his wedding ring.

Richard enjoyed his retirement days doing various crafts, including woodworking and native crafts such as drum making, carving, and painting. Richard was an avid collector of fine things, including watches and coins. He loved to fish, hunt, camp and do basically anything outdoors. Richard also enjoyed bowling, and loaning tools to his sons.

One thing we will always remember about Richard was his love for reading and being a lifelong learner. And who could forget his love of napping and online shopping! Richard left behind a very large family that would not have been here without him. We will live on forever in his legacy and will miss him dearly every day from now until we see him again.

Richard left behind (but not forgotten) his wife, Loretta Case (Peterson) of Shelton Washington; sons, Steve K. Case of Parma, Idaho, Greg Giles of Las Vegas, Nevada, Lawton "Jeb" Case of Shelton, Washington, and Leighton "Jim" Case of Nampa, Idaho; daughters Vickie L. Horn of Nampa, Idaho, Beckie L. Lezon-Ferreira of Nampa, Idaho, and Rickie L. Ramage of Shelton, Washington. He also left behind 22 grandchildren and nine great-grandchildren. He was such an amazing man and easy to love that we would also like to mention that he was called Grandpa, Dad, Father-in-Law, Uncle, and Friend by so many people who will dearly and greatly miss him. When you made a friend with Dick Case you will had a friend for life.

Sadly, he was preceded in death by his mother, Esther Bloxham (Henkle), his father, Chuck Bloxham, his dad, C.O. Case, his brother, Jim Case, and his daughter, Brenda Couch.

We have a PayPal account set up for monetary donations to help his beloved wife Loretta Case. Loretta1351@icloud.com.

*Gone Fishin' in my boat that works!
See ya later!!*

A dinner will be held in Richard's honor here at Squaxin Island Tribe in the near future. Stay tuned for more information . . .



These Homes Have Tested Positive for Meth

21 SE Tys-UI-Tad Loop

81 SE Tys-UI-Tad Loop

60 SE Skalapin Lane

Drug arrests/citations by Squaxin Island Department of Public Safety & Justice

February

60 Skalapin Ln.- Drug paraphernalia was found throughout the house, including drugs pipes and more then 100 drug needles. Four adults were arrested; three were arrested for elder abuse. The house tested positive for a high dose of Methamphetamine and was boarded up.

Ko-Pul Loop. - An adult female was arrested for outstanding warrants and cited for having illegal drugs and paraphernalia.

LCCR - One adult non-Native was arrested for illegal drug possession.

March

LCCR - One adult non-Native was cited for illegal drug possession.

LCCR - Found drugs on casino floor. One adult non-Native was the suspect. Charges were forwarded to the Mason Co. Prosecutor's Office.

KTP - One adult non-Native male was cited for illegal drug possession.

LCCR - One adult non-Native was arrested for illegal drug possession and drug paraphernalia.

LCCR - Found drugs on casino floor. No suspect.

April

LCCR - One adult non-Native was arrested for possession of illegal drugs.

665 SE Kamilche Pt. Rd. - Squaxin detectives, working with the county drug team with members of the SWAT team, did a search warrant on Kamilche Point Rd. One adult Native male and his wife, an adult non-Native female, were arrested with 4 other non-Native subjects. Heroin, Meth, and pills were all seized, along with some illegal firearms and a stolen vehicle. The children, who are not enrolled, were turned over to CPS.

LCCR - One adult non-Native male was cited for drug possession.



Dog Care: Tips to Keep Your Best Friend Healthy

This content is brought to you by Purina®.

When it comes to your dog's nutrition, water is even more important than protein, fat, carbohydrates, and vitamins. Your dog's body will naturally lose water all day. He loses water as he sweats through his paws and when he pants. And he loses water when he pees and poops. A dog that loses too much water -- just 10% to 15% of the water in his body -- can get very sick and even die. So that water he's losing needs to be replaced.

How Much Water Is Enough?

A good rule of thumb: Make sure your dog gets at least 1 ounce of water daily for each pound he weighs. That means a 20-pound dog needs at least 20 ounces of water every day. That's more than 2 cups, or as much as in some bottles of water or soda. To help you keep track of how much water your dog drinks, make a note of how high you fill his water bowl and how far the level has dropped the next day.

Keep Plenty of Water Available

Leave the water bowl where your dog can get to it easily. Since dogs can knock over the bowl while they're drinking, use one that's made to not tip and spill. Clean the bowl daily. Refill often so the water supply stays fresh. Whenever you and your dog are playing outdoors -- especially when it's hot -- bring cool water with you for him to drink. If your dog stays outside on hot days, add ice to the water bowl. Some dogs are happy to drink from the toilet. But that isn't a clean source of water! Keep the toilet lid closed so your dog stays out.

Signs of Dehydration

When dogs don't drink enough water or if they lose too much water, they become dehydrated. Older dogs and dogs that are sick, pregnant, or nursing can get dehydrated easily.

Symptoms of dehydration include:

- Little energy
- No interest in eating
- Sunken eyes
- Dry mouth

You can use these two ways to quickly check your dog for dehydration, too. If the response isn't normal, it's a sign of possible dehydration:

Lift the skin on the back of your dog's neck or between the shoulders. It should sink back to its normal place right away.

Gently press on your dog's gums until the pressure creates a light spot. The normal color should come back right away when you remove your finger.

If you think your dog might be dehydrated, take him to the vet right away.

Prevent Diarrhea in Your Dog

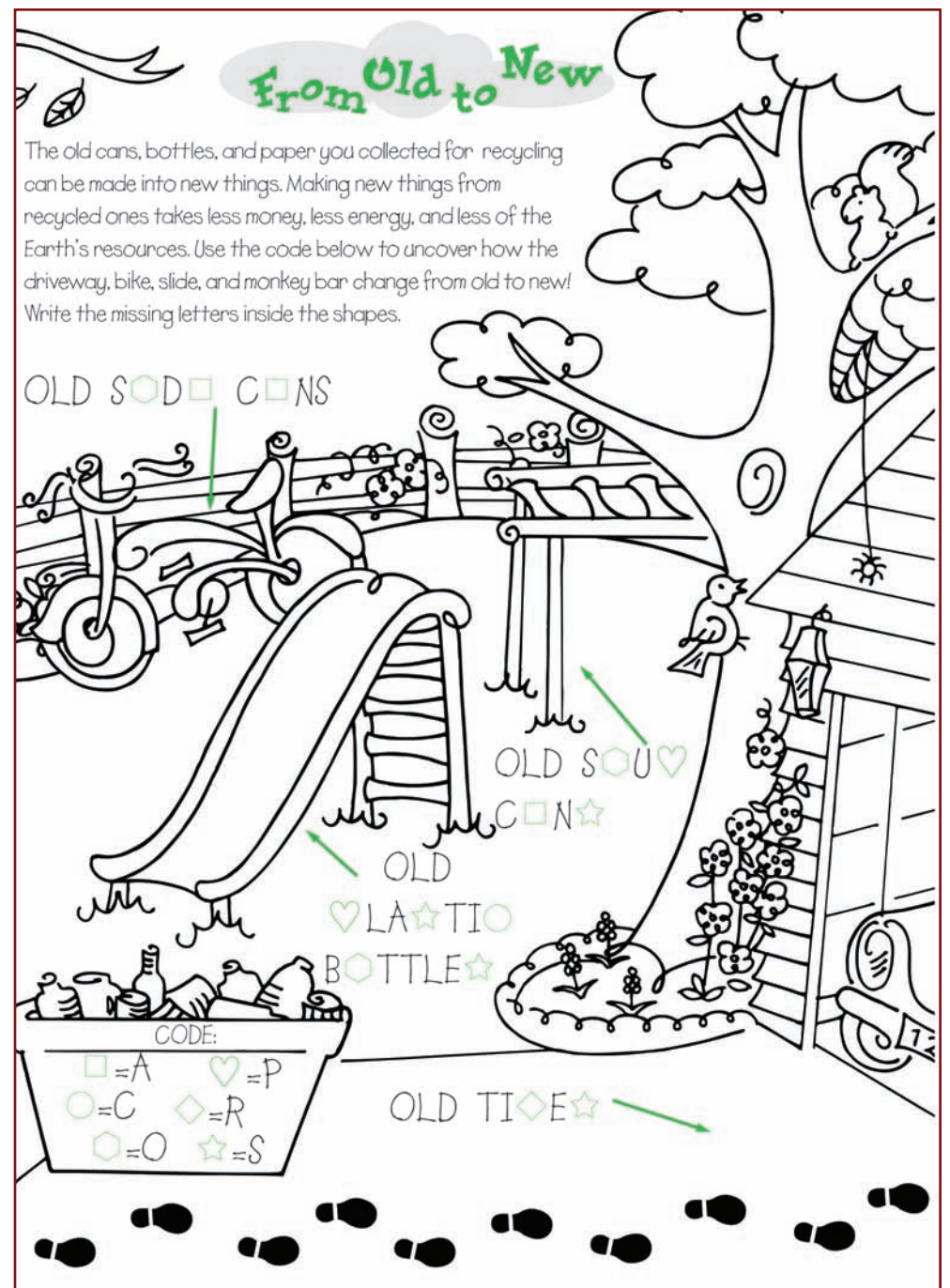
Many health problems can cause diarrhea, including infections from bacteria, viruses, and worms. A disease called parvovirus triggers severe vomiting and diarrhea. And because your dog will lose more water with diarrhea, diarrhea can lead to dehydration.

Keep your dog healthy. To help prevent these illnesses:

Have your dog vaccinated regularly.

Keep him away from old food and garbage.

Talk to your vet about treatments to ward off parasite infections.





Afterschool Program

by Jerilynn Vail

We had a big turnout for Spring Break. The kids were busy with swimming, making marshmallow catapults, going to Skateland, visiting a local farm for a tour, and ending with kids helping prepare posters for our Annual Easter Egg Hunt. Check the May calendar for these changes:

- We've scheduled baseball practice twice a week from 5:00 - 6:00 p.m.
- We switched some of our activity days around to fit with other community activities.
- With it being daylight longer, we have adjusted our hours to be open until 7:00 p.m. PLEASE NOTE: On any days where all the youth have left by 6:30 p.m., we will close at 6:30 p.m.
- There are few fun special activities planned for our Fun Day Friday's: Mother's Day Dessert, Evening Pool Party and a Movie Night.

I want to share we have a community member who has been a tremendous help to us here in our after-school program. **Vernon Sanchez** has helped chaperon at many basketball tournaments and Intertribal League games. He has helped cook for the after-school food program, and done a lot more to support the kids here at the TLC. All of us send a big THANK YOU to Vernon Sanchez for everything you've done for the youth program! We appreciate you for all you do!

Teen Center

by Laurel Wolff

April sure was full of activities. One highlight was Squaxin youth attending the 29th annual Northwest Indian Youth Conference in Spokane. Larain Algea is President of the Squaxin Island Youth Council and had this to say, "I learned a lot of things this year, and I'm truly blessed to be Native! I have so many dreams I will accomplish, and thanks to this conference, I will learn more and more steps to be able to accomplish them! I can't wait 'til next year to be able to do this again. Then after that, hopefully, I'll be able to be the next leader to my young youth in two years! I'm looking forward to be able to show my younger ones the truth behind our presence in this world, to make sure to keep our traditional ways going, no matter what! We are Native and we are proud!" I also want to thank volunteers who helped make the trip a success, Vernon Sanchez, Deanna Hawks, Janette Black and Brooks Farrell.

There are several early releases from Shelton schools in

May. The teen program wants to take advantage of these days by going on a few trips. From our May calendar:

- Starting in May, the teen center's hours will be from 3:00 – 7:00 p.m.
- The teen program will take a trip to Ocean Shores on May 2nd where we will rent bikes and have a picnic on the beach.
- A new addition to the teen program will be volunteers from the community working in our Media Room on Tuesdays from 3:30 - 5:00 p.m. Stop by for this fun opportunity.
- Baseball practice will start on Wednesdays and Thursdays from 5:00 - 6:00 p.m.
- Laurel is starting up a Teen Conditioning class on Thursdays from 3:30 to 4:15. This class is geared towards teens but is open to the community. Come by for a fun workout filled with cardio and circuit training.
- On May 9th, the Mary John's Room will host Teen Night; the teen center will be open till 9:00 p.m.
- Two college visits are planned on the early release days. We will visit South Puget Sound Community College on May 16th and Clover Park Technical College on May 30th.
- Please note the Teen Center will be closed on May 12th for American Indian Day, and on May 23rd and May 26th for the Memorial Day weekend.

Homework Support and GED Prep

by Jamie Burris

Homework Support - The end of the school is quickly approaching. Don't get stuck trying to play catch up during the last few weeks of school. Come in and get help finishing up missing assignments and projects! I am here to help Tuesdays, Wednesdays, and Thursdays from 4:00 – 7:00 p.m. in the classroom of the Education Building.

GED Preparation Classes - The new GED test has now rolled out. This test is said to be more difficult than the previous test. Come in to start practicing the harder skills incorporated in the new GED test. You can come in to take a free online practice test any time! As soon as our new curriculum arrives we will put a notice out but everyone is welcome to come in and practice your skills before our new curriculum arrives.

The homework support and GED prep classes are cancelled on May 22nd and May 29th. If you have any questions about either, please contact Jamie Burris by email at jbarris@mcclary.wednet.edu.

Education Liaison

by Peggy Peters

An Education Forum was held on Monday, March 17, 2014. Family and friends enjoyed a meal and a group discussion about what people would like to see, do, or change in our TLC programs. The ideas and comments coming from the adults, teens, and youth offer guidance to the education department staff on upcoming planning. Many thanks to everyone who attended this event; we appreciated hearing all the ideas to improve our programs to the next level. We hope to see you at our next event.

The following ideas were suggested and discussed:

- After-School Program – More kick-ball, baseball, volleyball, and tetherball. Add camping trips. More science experiments.
- GED – Improve communication about what is available. Be more flexible around students' schedules. Figure out if more help is needed.
- Homework Support – Encourage more homework getting done in the afterschool program.
- General Ideas – Build a better playground at TLC. Get a TLC van. Add a coach. Consider incentives for school attendance. Teach young parents how to tutor kids at home. Consider an all-ages dance team.
- Shelton School Tutors/Mentors - Hire an additional tutor.
- Summer Recreational Program – Go hiking and camping at national parks. Consider surfing.
- Sylvan – Additional openings. Consider weekend tutoring.
- Teen Center and CHUM Project – Camping trips. Teach teens about the bus schedule/travel to other towns (e.g. Olympia). Have teens teach games to kids. Re-start Native Sisters. Add a pool table and time to do nothing in the teen center. Plan fund-raisers with the kids like a car wash or bake sale.





LEARNING CENTER



Easter egg hunt is on

Teen Center hours 3:00-700pm unless otherwise noted

Laurel Wolff teen advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				Early Release Ocean Shores Trip 1:15-6:30 Teen Center Closed
5	6	7	8	9
Baseball Practice 5-6pm Youth Council 5:30-6:30	Media Room 3:30-5:00 Culture Night 5 - 7 pm	Basketball Game VS. Puyallup (HOME) Jr. High Game starts @ 6pm High School @ 7pm Craft Class 3-5 pm @ Community Kitchen	Teen Conditioning Class 3:30-4:30	Teen Night 6 pm -9 pm
12	13	14	15	16
Holiday Teen Center Closed	Media Room 3:30-5:00 Culture Night 5 - 7 pm	Baseball Practice 5-6pm Craft Class 3-5 pm @ Community Kitchen	Teen Conditioning Class 3:30-4:30	Early Release College Visit @ SPSCC + Trip into Oly Teen Center Closed
19	20	21	22	23
Baseball Practice 5-6pm Youth Council 5:30-6:30	Media Room 3:30-5:00 Culture Night 5 - 7 pm	Baseball Practice 5-6pm Craft Class 3-5 pm @ Community Kitchen	Movie Night	Teen Center Closed
26	27	28	29	30
Holiday Teen Center Closed	Media Room 3:30-5:00 Culture Night 5 - 7 pm	Baseball Practice 5-6pm Craft Class 3-5 pm @ Community Kitchen	Teen Conditioning Class 3:30-4:30	Early Release College Visit @ Clover Park Teen Center Closed



LEARNING CENTER



Squaxin Youth Education, Recreation and Activities Calendar
TLC Hours: M-F 7:30am-5:30pm Front Desk: 432-3958 Rec Rm: 432-3275 (only 3-7pm)
All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Rec Rm: 3-7pm Arts-n-Craft: 5-6 Gym: 3-7pm Baseball: 5-7pm	2 SSD-ER 1.5 HRS Rec Rm: 1:30-7pm Fun Day Friday: 5-7pm Gym: 1:30-7pm Open Swim: 5-8pm
5	7 Rec Rm: 3-7pm Culture Night: 5-7pm Gym: 3-7pm	7 GSD-ER @ 2:30 Rec Rm: 2:30-7pm Crafty Kitchen: 5-6pm Gym: 2:30-7pm Baseball: 5-7pm Open Swim: 3-6pm	8 Rec Rm: 3-7pm Arts-n-Craft: 5-6pm Gym: 3-7pm Baseball: 5-7pm	9 After-School Program is Closed for the All-Staff Potluck
12 Tribe is Closed	13 Rec Rm: 3-7pm Culture Night: 5-7pm Gym: 3-7pm	14 GSD-ER @ 2:30 Rec Rm: 2:30-7pm Crafty Kitchen: 5-6pm Gym: 2:30-7pm Baseball: 5-7pm Open Swim: 3-6pm	15 Rec Rm: 3-7pm Arts-n-Craft: 5-6pm Gym: 3-7pm Baseball: 5-7pm	17 SSD-ER 1.5HRS Rec Rm: 1:30-7pm Fun Day Friday: 5-7pm Pool Party Gym: 1:30-7pm Open Swim: 5-8pm
19 Rec. Rm: 3-7pm Game Day: 5-6pm Gym: 3-7pm Open Swim: 3-7pm	20 Rec Rm: 3-7pm Culture Night: 5-7pm Gym: 3-7pm	21 GSD-ER @ 2:30 Rec Rm: 1-7pm Crafty Kitchen: 5-6pm Gym: 2:30-7pm Baseball: 5-7pm Open Swim: 3-6pm	22 Rec Rm: 3-7pm Arts-n-Craft: 5-6pm Gym: 3-7pm Baseball: 5-7pm	23 After-School Program is Closed
26 Tribe is Closed	27 Rec Rm: 3-7pm Culture Night: 5-7pm Gym: 3-7pm	28 GSD-ER @ 2:30 WHL-ER @ Noon Rec Rm: 1-7pm Crafty Kitchen: 5-6pm Gym: 1-7pm Open Swim: 3-6pm	29 Rec Rm: 3-7pm Arts-n-Craft: 5-6pm Gym: 3-7pm Baseball: 5-7pm	30 SSD-ER 1.5HRS Rec Rm: 1:30-7pm Fun Day Friday: 5-7pm Movie Night Gym: 1:30-7pm Open Swim: 5-8pm
TLA: M-F 10-2pm After School Snacks: M-F 4-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm ER = Early Release WHL = Wa-He-Lut Indian School SDD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy				

*All that I am, or hope to be,
I owe to my angel mother:
- Abraham Lincoln*

*Mama was my greatest teacher, a
teacher of compassion, love
and fearlessness.*

*If love is sweet as a flower,
then my mother
is that sweet flower of love.
- Stevie Wonder*

*My mom is definitely my rock.
- Alicia Keys*

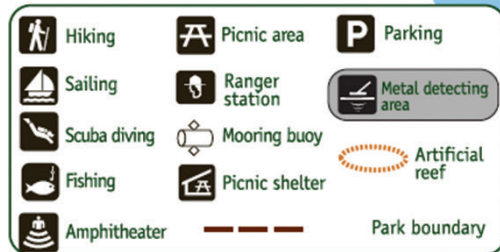


Spring Break





Tolmie State Park



0 500 1,000 2,000 Feet

0 0.25 0.5 Miles

(Revised 11.09.10)

7730 61st Ave. N.E. Olympia, WA 98506 • Information Center (360) 902-8844

Tolmie State Park

Tolmie State Park is a 105-acre marine day-use park with 1,800 feet of saltwater shoreline on Puget Sound. This forested park is on Nisqually Beach a few miles from Olympia, the state's capital city.

The park offers a variety of beach activities and an underwater park that contains an artificial reef built in cooperation with scuba divers. The park also features a saltwater marsh, a forest, and abundant wildlife.

Picnic & Day-Use Facilities

The park provides two kitchen shelters with electricity, plus 11 sheltered and 20 unsheltered picnic tables. Kitchen shelters include picnic tables, water, sinks, and grills. Both kitchen shelters can accommodate up to 50 guests. Due to limited parking, only one shelter may be reserved at a time. Early reservations are recommended. Visitors are encouraged to carpool. To reserve a kitchen shelter, call the park at 360-456-6464.

Boating, 3 miles of hiking trails, diving, fishing (saltwater), swimming, clamming, crabbing, beach exploration, bird watching, fire circles (2), wildlife viewing, displays on the beach and in the upper picnic areas describe the evolution / ecology of the shoreline and the history of the park.

The park provides five mooring buoys. Moorage fees are charged year-round for mooring at docks, floats, and buoys from 1:00 p.m. to 8:00 a.m.





National Physical Fitness and Sports Month

Submitted by Patty Suskin, Diabetes Coordinator

Health experts recommend that children get at least 60 minutes each day of physical activity. They need to run, climb, jump and get up and move around, away from desks, television and computer games. Today, about one in every four school-aged children are overweight or at risk for becoming overweight. It is extremely important to encourage children to adopt good physical activity behaviors as a family that promote a healthy lifestyle. Adults need at least 150 minutes a week (example: 30 minutes 5 days a week).

Regular physical activity can have beneficial effects on the following aspects of health for everyone:


- Weight
- Muscular strength
- Cardiorespiratory (aerobic/heart health) fitness
- Bone mass (through weight-bearing physical activities)
- Blood pressure reduction
- Anxiety and stress reduction
- Depression reduction
- Self-esteem booster

Tips For Childcare Providers and Parents

As a caregiver for children, you have an important role in shaping a child's physical activity attitudes and behaviors. Here are some tips to encourage the children in your care to be more physically active.

- Set a positive example by making physical activity part of your daily routine such as scheduling time for walks or playing active games together.
- Offer positive reinforcement for the physical activities in which children participate.
- Make physical activity fun. Fun activities can be anything the child enjoys, either structured or non-structured. They may range from team sports, individual sports, and/or recreational activities such as walking, running, skating, bicycling, swimming, dancing, playground activities, and free-time play.
- Ensure that the activity is age appropriate and, to ensure safety, provide protective equipment such as helmets, wrist pads, and knee pads.
- Limit the time children watch television or play video games. Instead, encourage children to find fun physical activities to do with friends or family members or on their own that simply involve more activity (walking, playing chase, dancing).

Source: Centers for Disease Control and Prevention



WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227

Tuesday,
May 13th is
WIC DAY at
SPIPA



Foot Exam Morning March 13th

Submitted by Patty Suskin, Diabetes Coordinator

Thank you, Traci Lopeman, for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff or Dr. Ott can check your feet each time you come to the clinic.

Foot Care Tips for People with Diabetes:

1. Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems.

2. Keep your skin soft & smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.

3. Wear shoes & socks at all times. Never walk barefoot. Wear comfortable shoes that fit well & protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth & there are no objects inside. Wear moisture-wicking socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.

4. Keep your blood sugars in line.

General guidelines

(check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning): 80-110

Two hours after a meal: 80-140

Bedtime: 100-140

Hemoglobin A1C: under 7 %

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur.





HEALTH CLINIC / FAMILY SERVICES



Clinic Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

We have exercise videos
in the building across from clinic
Work out alone, with us
or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
Native American and over 18

Mammogram Clinic

Coming in June

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

Elder Lunch Menu

Thurs 1:	Salmon Burgers
Mon 5:	Pot Roast
Tues 6:	Soup/Sandwich
Wed 7:	Pot Pies
Thurs 8:	BBQ Chicken Sandwiches
Mon 12:	Closed
Tues 13:	Soup and Sandwich
Wed 14:	Beef & Broccoli
Thurs 15:	Beef Kabobs
Mon 19:	Hot Turkey Sandwiches
Tues 20:	Soup and Sandwich
Wed 21:	Taco Salad
Thurs 22:	Hamburgers
Mon 26:	Closed
Tues 27:	Soup and Sandwich
Wed 28:	Pizza
Thurs 29:	BBQ Pork

FREE BLOOD PRESSURE SCREENING 2014

The First Thursday of each month



Blood Pressure checked by your
friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!

This Months Craft

Wool weaving

Open to Everyone!!!

Building Strong Families Through Culture

When: October 8, 2013-September 30, 2014

Where: Community
Kitchen

When: Wednesdays
Time: 3:00 -5:00 PM

Focus is on the formation
and maintenance of
two-parent families and
prevention of out-of-
wedlock pregnancies.

Sponsored by SPIPA-TANF.





Dont Smoke



A Personal Action Plan Will Help Find Cancer Early

(Information from American Cancer Society)

Submitted by: Traci Lopeman, Outreach Specialist, Women's Wellness Program

Breast cancer is the most common cancer that you may have to face in your lifetime.

- It can occur at any age, but it is much more likely to occur after age 40 and as you get older.
- If you are a woman and you are getting older, you should know about breast cancer and how to find it early.
- When found and treated in its earliest stage, the chance for successful treatment is greatest.
- A mammogram can find cancer when it's very small, often several years before a woman or her doctor would be able to feel it.

ABCs of Breast Health

Set a Personal Action Plan so that you can enjoy your good health without worry.

- Annual Mammogram
Start at age 40 and continue as long as you are in good health.
- Clinical Breast Exam
Have one every year by your doctor or nurse if you are age 40 or older, every three years if you are in your 20s and 30s.
- Breast Awareness
Be familiar with your breasts so that you will notice any changes and report them to your doctor without delay. Breast self-exams are an option for increasing breast awareness.

Colorectal Cancer Fact Sheet

Colorectal cancer is the cancer of the colon or rectum. It is as common in women as it is in men. This year, over 142,000 people will be diagnosed with colorectal cancer and an estimated 50,830 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps from the lining of the intestine before they become cancerous. Several screening tests detect cancer early, when it can be more easily and successfully treated.

At Risk

- People age 50 and older
- People who smoke
- People who are overweight or obese
- People who aren't physically active
- People who drink alcohol in excess
- People who eat a lot of red meat or processed meat
- People with personal or family histories of inflammatory bowel disease (such as ulcerative colitis or Crohn's disease)
- People with family histories of inherited colorectal cancer or inherited colorectal problems

Symptoms

(If you have any of these symptoms see your health care professional)

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms:

- Bleeding from the rectum or blood in the stool
- Change in bowel habits
- Stools that are more narrow than usual
- General abdominal discomfort such as bloating, fullness or cramping
- Diarrhea, constipation - a change in bowel habits
- Weight loss for no apparent reason
- Being tired all the time
- Vomiting

Screening tests that we offer

- Colonoscopy every 10 years
- Stool for occult blood, immunochemical FIT test, every year

If you are eligible for services at the Squaxin Island Clinic please contact Lindy Parker LPN to talk about getting your screening done now, Call 360-432-3933 or stop by the Squaxin Island Clinic. If you are not a Squaxin Island Tribal community member, contact your health care provider to get your screening done. Thank you!

Screening saves lives!





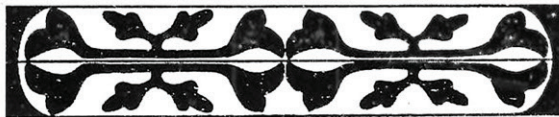
Submitted by Traci Lopeman, Women's Wellness Outreach Specialist



THE PAP TEST AND ABNORMAL TEST RESULTS



Sketch by Krystal Nuhn



WHAT IS THE PAP TEST?

- ↔ The pap test is a way of finding changes, that are not normal, in the cells of the cervix (the lower end of your womb or uterus).
- ↔ It is also the first step in screening for cervical cancer. When found early, cervical cancer is easy to treat and can be cured almost 100% of the time.
- ↔ Your health care provider will also examine your breasts at this time. (Health Care provider includes physician, physician's assistant, or nurse practitioner).

HOW DO I GET READY FOR THE PAP TEST?

When doing the Pap test, for best results it is best For 24 HOURS BEFORE the PAP test:

- 1) Not to have sex
- 2) Not to use vaginal creams
- 3) Not to douche

Also do not have the PAP test when having your period.

WHEN SHOULD I START HAVING THE PAP TEST?

- ↔ Age 18 or older
- ↔ If under 18 years and have had sex

HOW OFTEN DO I NEED THE PAP TEST?

- ↔ Every year or more often (if recommended by your health care provider).
- ↔ Older women need PAP tests yearly too.
- ↔ If you have had a hysterectomy (womb removed surgically), check with your provider.

YOUR PAP TEST RESULTS

If **NORMAL**, continue to have a PAP test as often as recommended.

If **ABNORMAL**, DON'T PANIC! most abnormal conditions are not cancer but they require follow up. **ABNORMAL** conditions are:

INFLAMMATION - this is where the size and shape of cells show changes from irritation or infection and you may need medication or vaginal cream.

DYSPLASIA - these are more serious changes that may lead to cancer if not treated. Dysplasia can be caused by different strains of a sexually-transmitted virus that can also cause genital warts. Dysplasia is found in women of all ages but is becoming more common in the young.

WON'T I HAVE BLEEDING OR PAIN IF THERE IS SOMETHING WRONG WITH MY PAP?

Not necessarily. It is possible to have cervical changes without bleeding or pain. Check with your health provider. Most people with cervical dysplasia do not feel sick.





Native American women, like most women today, are caretakers for their families. Caretakers can easily forget their own health needs. One way to take care of yourself is to have a PAP test.



Sketch by Krystal Nuhn

WHAT HAPPENS NEXT?

If your PAP Smear is not normal, you will be referred to a health professional who will decide whether you need:

- ⇨ to take medication
- ⇨ a repeat PAP Smear
- ⇨ a colposcopy
- ⇨ other treatments

WHAT IS A COLPOSCOPY?

A colposcopy is a procedure where the specialized health professional uses a colposcope (a microscope on a stand) to pinpoint areas of abnormality on the cervix. The colposcope's magnifying lens makes the cervix easier to see. The procedure takes about 20 minutes to complete. Results can take 2-3 weeks to return to the clinic.

HOW IS DYSPLASIA TREATED?

There are many ways to treat dysplasia and treatment depends on how severe the abnormality is and this will need to be discussed with you by the provider.

ONCE DYSPLASIA IS TREATED, CAN I FORGET ABOUT IT?

NO! No matter how dysplasia is treated there is a possibility it can recur. Dysplasia can develop into cancer if it is not treated. It is therefore important to have regular checkups following treatment.

HOW CAN YOU LOWER YOUR RISK FOR GETTING AN ABNORMAL PAP SMEAR?

- ⇨ By limiting sexual activity to 1 partner
- ⇨ Avoid having sex with someone who has had many sexual partners.
- ⇨ By using latex condoms treated with noxoxynol-9 with every sexual contact.
- ⇨ By getting treatment if you are exposed to genital warts.
- ⇨ By not smoking cigarettes. (Cigarette smoking may increase your chances of an abnormal PAP smear)
- ⇨ By having a PAP test at least once a year.



Pamphlet design by: Helen Golden
OMAHA-Winnebago Public Health Service Hospital
Winnebago, NE 68071

This pamphlet has been printed in limited quantities as part of a graduate studies project.

For more information or comments about this pamphlet, please contact: Helen Golden at 1-800-769-1788

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Eric Castro	07
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Happy Birthday

Justin Johns	09
Morningstar Green	09
Breanna Peters	10
Kassidy Whitener	10
Stanley Black	10
Keven Harper	10
Richard Johns, Jr.	11
Jeromy Meyer	11
Connie Napoleon	12
Janelle Krise	12
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Christi Aguinaga	17
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Jack Selvidge	29
Iladee King	30
Mataya Stroud	30
Daniel Sigo	31
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Candace Ehrhard	31
Carol Phipps	31

What's Happening						
AA & ALANON Meetings: Every Thursday at 7:30 p.m. Elders Building				1	2	3
Basket Class: Every Wednesday at the MLRC						General Body Meeting
4	5	6	7	8	9	10
			Family Court	Council Mtg.		
11	12	13	14	15	16	17
		Criminal/Civil Court				
18	19	20	21	22	23	24
				Council Mtg.		
25	26	27	28	29	30	31
		Criminal/Civil Court				



Happy Birthday Kassidy 20th
So Proud of You
You are wonderful!
Love,
Gramma & Mom

TAYLOR
HICKS



LITTLE CREEK
CASINO RESORT
www.little-creek.com

THURSDAY • JUNE 26TH • 8PM



COMMUNITY



Happy Birthday Jolene Rene'!!!



Love, Mom & Family

Happy 35th Birthday Mikey!!!



**Love you so much!
- Love, Moms**

Happy Birthday Joshua Whitener



Love, Vinny, Margaret, Malia & Kiana

**Happy "12th" Birthday
Kiana Jean!!!**



Love, Mom, Dad, & Sisters

**Love Ya, Little Brother!
- Marge**

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**Join us at
Mud Bay Shaker Church
Mothers Day weekend**

May 9, 10 & 11
Supper at 5:00 Friday and Saturday
Followed by Shake at 8:00
Sunday Service Mother's Day at 10:00 a.m.
Lunch following the service

Special thanks to Margaret Henry for assisting us with 1% charity application!!! We appreciate you so much!

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- LA Times

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For tickets visit the box office or purchase online at www.little-creek.com
or call 360-432-7300. Must be 21 or older. Call for Skyboxes.

www.thefabfour.com



Saturday • May 10th • 2:30 & 6:30pm

Sunday • May 11th • 4:30pm

Early Bird Specials at 4:30 and 6:30 sessions

**Wear red, white and blue and
receive a free Level 1 (3-on) with buy-in**

\$50 Hotseat drawings every hour in honor of Mother's Day

\$79 Special Room Rate for Bingo Participants

See Keno for more details 1-800-667-7711

Must show Bingo Room Rate Coupon at time of check-in to receive special room rate

Customers can call in advance to book rooms

Must be 21 or older for Bingo Specials

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